

Stellingen (propositions)

Problem behavior in adolescence: testing the influence of stress reactivity, autoantibodies and methylation

Johanna M. Schäfer

1. Autoantibodies against corticotropin impair the cortisol response to stress in adolescent boys. (this thesis)
2. The levels of autoantibodies against corticotropin are related to externalizing problems in boys and to internalizing problems in girls. (this thesis)
3. Natural autoantibodies are ubiquitously present in the population and have a physiological function. (this thesis)
4. High psychological arousal in anticipation of a stressor predicts the transition from regular to problematic cannabis use. (this thesis)
5. Combining genetic and epigenetic variation of the *COMT* gene will be helpful in further elucidating the influence of the dopamine system on substance use in adolescence. (this thesis)
6. The microbes in our body determine to a certain extent who we are.
7. We could reduce the incidence of mental and physical health problems if we would all walk around outside for an hour every day.
8. The dysregulation of the body's circadian rhythms, which often comes with our modern lifestyle, is one of the greatest and most ignored dangers to our health.
9. Vaccines against drugs will one day help people to quit their addiction.
10. Stressful life events are unavoidable and one should focus on teaching coping skills and creating a supportive environment in order to prevent the negative consequences associated with such events.
11. Damit das Mögliche entstehe, muss immer wieder das Unmögliche versucht werden. (Hermann Hesse)